

# Tiddly Winks Newsletter

October 2023



Dear Parents and Carers,

Welcome to our October Newsletter, and as always, we would like to welcome our new families who have recently joined us. September has been very busy for us here at Tiddly Winks, as we have begun our garden renovation! We have recently had our Astro-turf redone and will shortly be re-vamping our decked area too.

We have enjoyed having a visit from a paramedic for 'World First Aid Day' where the children loved learning all about their role and having a look at the equipment!

The children have lots to look forward to throughout October as we will be engaging in Autumnal activities such as, natural object scavenger hunts, pumpkin carving and autumnal sensory play to name a few.

To find out more, please read on...

All the best,

Louise, Georgia and Amelia

## News from around the rooms...

### Acorns:

We have loved exploring a variety of sensory play with our most loved being oats, pasta, shaving foam and playdough. We have been using our fine motor skills and hand-eye coordination to pour the materials from one container to another. We have also been reading our favorite books including 'Dear Zoo' and 'The tiger who came to tea', extending these into small world activities to explore our imaginative skills.



### Little Oaks:

We have been taking inspiration from the 'European National Day of Language' and have loved exploring our fine motor skills to create our own flags using a variety of different materials to create marks in the form of dots, lines, shapes or patterns! We have also had fun celebrating 'Pirate day!' We incorporated our number skills into treasure hunts and used tweezers to select the numbers from the sand one at a time as we identified them!



### Dates for the diary

#### OCTOBER IS BLACK HISTORY MONTH!

**W/C 9<sup>th</sup> October** - World Mental Health Week

**Tuesday 17<sup>th</sup> October** - Nursery practitioner day!

**Tuesday 17<sup>th</sup> October** - Nursery photographer day! All children attending on this day will have their photo captured. If your child is not booked in but you would like to bring them in for their photo, please call the office to book an appointment. Please note, we will capture photos of siblings who attend the nursery but we cannot accommodate older or younger sibling photos of children who do not attend Tiddly Winks.

### Parent messages

**Drop off and pick up** - a gentle reminder that our opening hours are 8 am until 6pm, unless you have paid for our extended hours of 7:30-6:30.

Please may we remind you to not enter the building until 8am, and, due to us closing at 6pm, in order for you to be able to have an in-depth handover we recommend that you come to collect your child before 5:55 pm.

**Natural Resources**- If you and your little ones go on any walks throughout the month and discover some autumnal resources such as leaves, conkers or pine cones, we would please love some for our loose parts!

## Junipers:

This month, we have loved using our gross motor skills and creating large-scale art in the garden. The children were encouraged to use their paintbrushes to create lines and circles using big movements with their arms and shoulders and then discussed the marks they created. This was a fantastic way to promote an interest in early writing and physical development!



## Willows:

We had a great September getting to know all of our lovely new Preschoolers who have transitioned to us this month. We have been using our creative skills to explore different textures and materials with our junk modelling to achieve a planned effect. We have been painting real life objects including mugs and plates for us to use in our home corner!



## Pumpkin carving competition

Throughout the month of October, we will be hosting a pumpkin carving competition for all of our families! Please send us in photos of your pumpkins and we will choose a winner on the 31<sup>st</sup> October. There will be a prize for the winning pumpkin!



## Harvest collection

As always, we will be supporting our local food bank at St Matthews Church this month. We have attached the shopping list of requested items. We will be accepting donations to the office throughout October.



**Weather-** As the weather has now turned, please be prepared to bring your child to nursery in appropriate clothes, with lots of spare clothes in their bags, as well as hats, scarves and gloves ready for the winter!

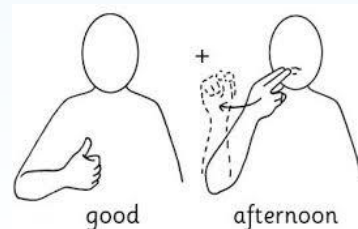
**DSL -** Your nursery Designated Safeguarding Lead's are Louise and Georgia. We would like to share with you our confidential email address to forward any safeguarding concerns you may have - [dsl@tiddly-winks-nursery.co.uk](mailto:dsl@tiddly-winks-nursery.co.uk)

### Policy of the month

Our policy folder is available in the front entrance for all parents and visitors to look through.

In addition, this month, we will be refreshing ourselves with our **'Accidents and First Aid'** policy which is attached to this newsletter.

### Makaton sign of the month



Tiddly Winks Nursery

## Staff updates

We would like to congratulate **Chelsea** who is expecting her third baby in February 2024!  
Congratulations Chelsea!

We are pleased to welcome back **Charmaine** who is starting a phased return back to work the week commencing 2<sup>nd</sup> October 2023. You will soon be able to see her smiley face around the nursery again!

Please also join us in wishing good luck and saying goodbye to **Kelly** who has decided to embark on a new adventure, her last day with us was Thursday 28<sup>th</sup> September 2023.



## Dish of the month - Creamy pumpkin and lentil soup



### Ingredients:

- 1 tbsp olive oil, plus 1 tsp
- 2 onions, chopped
- 2 garlic cloves, chopped
- Approximately 800g chopped pumpkin flesh, plus the seeds
- 100g split red lentil
- $\frac{1}{2}$  small pack thyme, leaves picked, plus extra to serve
- 1l hot vegetable stock
- pinch of salt and sugar
- 50g crème fraiche, plus extra to serve

### **Method:**

1. Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20-25 mins until the lentils and vegetables are tender.
2. Meanwhile, wash the pumpkin seeds. Remove any flesh still clinging to them, then dry them with kitchen paper. Heat the 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between to keep them in it. When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar, and stir well.
3. Whizz the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the crème fraiche and whizz again. Taste for seasoning.
4. Serve with a spoonful of crème fraiche, a few thyme leaves and the toasted seeds scattered on top

